G2

16. (Amended) An ink jet recording method comprising recording an ink-jet ink onto an image receiving material, wherein the ink-jet ink includes a dye dispersed product, an oil soluble dye being dissolved in a high boiling point organic solvent which has a boiling point of 150°C or more and has a specific inductive capacity at 25°C of 3 to 12, said oil-soluble dye being emulsified and dispersed in a water-based medium, and said dye dispersed product being formed.